

NEEDHAM

PARK & RECREATION

WINTER / SPRING 2015



CHILDREN • YOUTH • TEENS • ADULTS • SENIORS • SPECIAL EVENTS

Welcome to Winter/Spring 2015!

An invitation to people of all abilities!

People of all abilities are encouraged to participate in the programs and services provided by the Needham Park and Recreation Commission.

Every effort is made to integrate participants with disabilities into the programs allowing for a successful recreational experience.

Please contact the Park and Recreation office for more information.

Have you registered for our automatic updates yet?

Notify Me is a notification system that will send you an e-mail or text message when new information is posted on the Town of Needham website, including recreation program updates, field status updates and ice depth updates!!

Sign up for all Park and Recreation Updates by follow these steps :

1. Go to the Town of Needham website at www.needhamma.gov
2. Click on the box reading NOTIFY ME on the bottom left of the page
3. Enter your e-mail address (or cell phone number for Text Messages)
4. Select e-mail type, HTML or Text
5. Select box for RECREATION INFORMATION and/or FIELD STATUS
6. Click the SUBSCRIBE button

Once you are in the system, you will receive up to date Park and Recreation notifications right at your computer! You may sign up for any of the lists posted.



Needham Park and Recreation will be posting all updates on Facebook daily!
www.facebook.com/NeedhamRecreation

Park & Recreation Commission

Cynthia J. Chaston, *Chairman*
David C. DiCicco, *Vice-Chairman*
Thomas M. Jacob
Michael J. Retzky
Matthew M. Toolan

Director - Patty Carey

Recreation Supervisor - Brendan Croak

Administrative Specialist - Kristen Wright

Commission Office

Public Services Administration Building
500 Dedham Ave.
Needham, MA 02492

Telephone

(781) 455-7550, press 3

Office Hours

8:30 AM - 5:00 PM
Monday - Friday

The Park and Recreation Commission typically meets the 2nd and 4th Monday of each month.

Special thanks to Adam Witham for the cover design including "Parker" - our official department mascot! (See page 5 for more information about Parker) Adam is a local Graphic Designer and he can be contacted at adwitham@aol.com.

Winter/Spring Registration

Begins

Thursday, December 11, 2014 at 9:00 AM

Register online, in person, or by mail

Park and Recreation does not accept any registrations by phone or fax.

REGISTRATION NOTES

- See Registration Policies located on page 18.
- There are no guarantees for any method of registration, so choose the method most comfortable to you.
- Remember to put your name on the waitlist if a space is not available; no payment is collected for space on waitlist.
- All programs are offered to Needham residents on a first come first served basis, including students in the Needham Public Schools' METCO program.
- **Scholarships** may only be processed by mail or in-person.
- **Credits** may be used online.

ONLINE REGISTRATION

Begins at 9:00 AM on Thursday, December 11, 2014

- Visit www.needhamma.gov. Under 'Town Services' choose "Park and Recreation Online Registration".
- Create an online account so that information is saved, credits may be used, and information can be reviewed.
- Follow steps to register all family members, and print-out receipt at end of registration process.

IN PERSON REGISTRATION

Begins at 9:00 AM on Thursday, December 11, 2014
and continues during regular office hours.

MAIL-IN REGISTRATION

Complete Registration Form and mail to:
Registration - Park and Recreation
500 Dedham Avenue
Needham, MA 02492

Forms will be processed, in random order, **starting on Thursday, December 11, 2014 at 9:00 AM** and will continue during regular office hours.

YOUTH PROGRAMS

DOWN ON THE FARM

AGES 3 - 5

TUESDAYS: APR. 28 - JUNE 2

3:00 - 3:45 PM

ON REGISTRATION FORM LIST: *DOWN ON THE FARM*

NEEDHAM COMMUNITY FARM, TILLOTSON LOCATION

\$50 PER 6-WEEK SESSION

LIMIT: 8 PARTICIPANTS & 8 ADULT HELPERS; MINIMUM OF 4

(BIRTH CERTIFICATE REQ. FOR ALL REGISTRATIONS)

We have joined together with the Needham Community Farm to provide a wonderful, hands-on gardening experience for you and your child! Discover and learn about farming through stories, songs and age appropriate activities about plants, seeds, insects and soil. Get dirty, meet new friends and watch your newly planted garden grow while experiencing the beautiful outdoors! **ALL PARTICIPANTS ARE REQUIRED TO ATTEND WITH AN ADULT HELPER.**

GLASS ARTS AND MORE

AGES 9 AND UP

SEE DATES BELOW

1:30 - 4:00 PM

ON REGISTRATION FORM LIST: *EARLY RELEASE GLASS ARTS AND SESSION #*

GLASS ARTS AND MORE, 60 DEDHAM AVENUE, NEEDHAM

\$35 PER CHILD PER DAY

LIMIT: 20 PARTICIPANTS PER SESSION

Join the staff from Glass Arts and More as you learn how to safely handle, cut, grind, and shape glass! Let your imagination go, while you design your own glass plate or bowl. **SIGN UP FOR ONE CLASS OR ALL THREE EXCITING DAYS!**

- Session 1 Tuesday, March 3
- Session 2 Tuesday, March 31
- Session 3 Thursday, May 7



KIDS NIGHT OUT



AGES 3 - 10

FRIDAYS: SEE DATES BELOW

5:30 - 9:00 PM

ON REGISTRATION FORM LIST: *KIDS NIGHT OUT AND MONTH AND MOVIE CHOICE*

(BIRTH CERTIFICATE REQ. FOR ALL 3, 4, & 5 YEAR OLDS)

PUBLIC SERVICES ADMINISTRATION BUILDING (PSAB)

\$16 PER CHILD PER MOVIE

LIMIT: 35 PARTICIPANTS PER SESSION; MINIMUM OF 12

ATTENTION PARENTS: Give yourself the night off and treat your child to our monthly supervised night out that is full of fun and interactive games, unique crafts, a pizza dinner, yummy dessert **AND** a full length children's film with some of their favorite P & R Summer Program Counselors! *PJ's, sleeping bags and Pillow Pets are always welcome, but not required!*

- January 9 How to Train Your Dragon 2 (PG)
- February 13 Lady and the Tramp (G)
- March 13 A Bug's Life (G)
- April 10 The Book of Life (PG)



Applications are now being accepted
for Saturday Morning Tennis Instructors!

QUICKSTART TENNIS LESSONS

SEE AGES BELOW

SEE DATES BELOW

SEE TIMES BELOW

ON REGISTRATION FORM LIST: *INDOOR OR OUTDOOR QUICKSTART TENNIS AND SESSION #*

(BIRTH CERTIFICATE REQUIRED FOR ALL 5 YEAR OLDS)

SEE LOCATION BELOW

\$60 PER 5-WEEK SESSION

LIMIT: 10 PARTICIPANTS PER SESSION; MINIMUM OF 5

Quickstart Tennis is an exciting play format designed to bring children into the game by utilizing special equipment and a court with dimensions tailored to age and size! Quickstart Tennis is fast, easy and fun! **RACQUET REQUIRED.**

Indoor Lessons

Wednesdays

Pollard Middle School (Green Gym)

Session 1 Ages 5 - 7

Jan. 7 - Feb. 4

6:00 - 7:00 PM

Session 2 Ages 5 - 7

Feb. 25 - Mar. 25

6:00 - 7:00 PM

Outdoor Lessons

Saturdays: Dates TBD

Pollard Middle School (Outdoor Courts)

Session 3 Ages 5 & 6

9:00 - 10:00 AM

Session 3 Ages 6 & 7

10:00 - 11:00 AM

Session 3 Ages 5 - 7

11:00 AM - 12:00 PM

JUNIOR TENNIS LESSONS

SEE AGES BELOW

SEE DATES BELOW

SEE TIMES BELOW

ON REGISTRATION FORM LIST: *INDOOR OR OUTDOOR QUICKSTART TENNIS AND SESSION #*

SEE LOCATION BELOW

\$60 PER 5-WEEK SESSION

LIMIT: 10 PARTICIPANTS PER SESSION; MINIMUM OF 5

Junior Tennis covers the basic aspects of the sport including skill evaluation, forehand, backhand, serve, volley, overhead and strategy! **RACQUET REQUIRED.**

Indoor Lessons

Wednesdays

Pollard Middle School (Green Gym)

Session 1 Ages 8 - 10

Jan. 7 - Feb. 4

7:00 - 8:00 PM

Session 2 Ages 8 - 10

Feb. 25 - Mar. 25

7:00 - 8:00 PM

Session 1 Ages 10 - 13

Jan. 7 - Feb. 4

8:00 - 9:00 PM (10 year olds with previous exp.)

Session 2 Ages 10 - 13

Feb. 25 - Mar. 25

8:00 - 9:00 PM (10 year olds with previous exp.)

Outdoor Lessons

Saturdays: Dates TBD

Needham High School Tennis Courts

Session 3 Ages 8 - 10

9:00 - 10:00 AM

Session 3 Ages 8 - 10

11:00 AM - 12:00 PM

Session 3 Ages 11 - 13

10:00 - 11:00 AM

MEET PARKER the Park AND Recreation Bear

Parker, the happy bear gracing the cover of this brochure, is the Official Needham Park & Recreation Department mascot!! Parker lives at our office most of the time but had loads of fun visiting our Fall Programs and can't wait to build a snowman this winter! You can follow all of Parker's adventures on Park & Recreation's Official Facebook page! Share pictures of your snowmen and winter fun with Parker by sending them to kwright@needhamma.gov and they will be shared on our page!



ICE SKATING LESSONS

SEE AGES BELOW

TUESDAYS & THURSDAYS: MAR. 3 - MAR. 26

SEE TIMES BELOW

ON REGISTRATION FORM LIST: ICE SKATING LESSONS AND LEVEL AND TIME
(BIRTH CERTIFICATE REQUIRED FOR ALL 5 YEAR OLDS)

Review the detailed level descriptions and times to the right and choose appropriately for your child's current ice skating ability. **All five year olds must register for Penguins Level, then after being evaluated through the first week, can be moved to a different level if appropriate.** On the first day of lessons, children will be sorted into small groups, within their class level and time, by ice skating ability.

LEVELS AND TIMES

PENGUINS

(Ages 5 and up)

- All 5 year olds must register for penguins.
- **FIGURE SKATES OR HOCKEY SKATES**
- Has never skated before and/or needs assistance standing and moving on skates.

3:30 - 4:00 PM Limit: 30 participants

4:00 - 4:30 PM Limit: 15 participants

4:30 - 5:00 PM Limit: 15 participants



SNOW LEOPARDS

(Ages 6 and up)

- **FIGURE SKATES OR HOCKEY SKATES**
- Consistent, basic skating skills: can stand on skates, fall and get up forward march and glide.
- Will work on refining basic skills, snow plow stop, gaining confidence and speed.

3:30 - 4:15 PM Limit: 30 participants

4:15 - 5:00 PM Limit: 15 participants



SNOWY OWLS

(Ages 6 and up)

- **FIGURE SKATES ONLY**
- Refined, confident figure skating skills: can glide forward and backward perform sculling, and perform proper stops.
- Will work on turns, crossovers, one-footed skills, spins and jumps.

4:15 - 5:00 PM Limit: 20 participants



POLAR BEARS

(Ages 6 and up)

- **HOCKEY SKATES ONLY**
- Refined, confident hockey skills: can glide forward and backward perform sculling and stop in hockey skates.
- Will work on different stops, turns, crossovers, edges and increase speed.

4:15 - 5:00 PM Limit: 20 participants



CONCUSSION AWARENESS

The Needham Park and Recreation Commission is working on details to sponsor a free evening presentation on Concussion Awareness this winter. Information will be posted on the website, a notification will be sent to those registered for Field Status, and will be sent to youth sports organizations to send to its members.

ST. SEBASTIAN'S SCHOOL, ICE SKATING RINK

\$55 PER 4-WEEK SESSION

SEE LIMIT BELOW

WINTER SAFETY TIPS

SAFE SLEDDING TIPS

- Examine area for hazards such as trees, rocks, and "man-made jumps."
- Dress properly, protecting hands, feet and your face from the cold.
- Check sled before use. Do not use sleds without a method of control.
- Sled on snow-packed hills with at least one other person. **Do not sled on ice!**
- Keep your head at back of sled and wear a helmet.
- **Do not build snow jumps!**



SAFE SKATING TIPS

- Always skate with at least one other person.
- **Skate on areas with 6 or more inches of black ice.**
- Remove loose objects from ice surface.
- Skate in well-lit areas only. *Lights are currently available at the Reservoir and Horsford on Weekends, Holidays and over School Vacations, when there is at least 6 inches of black ice!*
- Hockey players should be careful skating near young children. Hockey is not permitted at the large pond at Horsford.



Register your e-mail address on "Notify Me" on the town website (www.needhamma.gov) and choose "Recreation Information" to receive automatic ice depth notifications.
(See page 2 for step by step instructions)



Needham Park and Recreation will be posting all updates on Facebook daily!
www.facebook.com/NeedhamRecreation

OUTDOOR SKATING

Ice is tested on weekdays by the DPW Parks Division once there has been a lengthy freeze.

Ice depths are not checked during winter storms and clean-ups.

Signs posted at each location must be observed.

Current ice depths and skating conditions are posted on the Park and Recreation website, under 'Outdoor Skating and Sledding' at www.needhamma.gov/parkandrecreation.

OUTDOOR SKATING LOCATIONS

HORSFORD:

Central Avenue—across from RTS, at entrance to Town Forest.

FARLEY:

South Street, 3/10 mile from Chestnut Street intersection—on right

RESERVOIR:

Dedham Avenue—behind the Public Services Administration Building.

WALKER-GORDON:

Charles River Street, 2/10 mile from Central Avenue—on right.

ROSEMARY LAKE:

Rosemary Street—enter from small parking lot near apartments.
Please note: Warm water streams keep Rosemary Lake from freezing quickly!

SPORTSMAN:

Great Plain Avenue, between Central Avenue and Marked Tree Road behind the brick water pump station building.



FEBRUARY SCHOOL VACATION WEEK

P&R FEBRUARY SNOW DAYZ

AGES 5 - 10
SEE DATES BELOW
9:00 AM - 12:00 PM
ELIOT SCHOOL, CAFETERIA AND GYM
\$25 PER CHILD PER DAY
LIMIT: 40 PARTICIPANTS; MINIMUM OF 15

ON REGISTRATION FORM LIST: FEBRUARY SNOW DAYZ AND SESSION #
(BIRTH CERTIFICATE REQ. FOR ALL 5 YEAR OLDS)

Join some of your favorite Park and Recreation counselors at this annual, two-day winter vacation extravaganza! Each day we will make fun and messy snow-themed crafts and play fun winter-themed games! On **Tuesday**, join Brendan from our Summer Kids Off Broadway program as he leads the way with winter themed crafts and fun games with a theatrical twist! On **Wednesday**, join Wingmasters as we learn about and even meet real live North American birds of prey including owls, falcons and hawks!

Session 1	Tuesday, February 17	Winter-themed Crafts and Games
Session 2	Wednesday, February 18	Wingmasters Birds of Prey Presentation

CROSS COUNTRY SKI LESSONS

AGES 6 - 10
TUESDAY, FEB. 17 - THURSDAY, FEB. 19
12:30 - 1:30 PM
WESTON SKI CENTER, 190 PARK ROAD, WESTON
\$65 PER CHILD PER 3-DAY SESSION
LIMIT: 6 PARTICIPANTS

ON REGISTRATION FORM LIST: CROSS COUNTRY SKI LESSONS

This three-day ski series gets the participants outdoors for the snowy February school vacation week! The fee includes 3—1 hour lessons for the student, a 3 day trail pass AND a complimentary 3 day trail pass for a single adult accompanying the student. RENTALS ARE AVAILABLE AT WESTON SKI CENTER FOR A SEPARATE FEE.

GLASS ARTS AND MORE

AGES 9 AND UP
SEE DATES BELOW
9:30 AM - 12:00 PM
GLASS ARTS AND MORE, 60 DEDHAM AVE., NEEDHAM
\$35 PER CHILD PER DAY
LIMIT: 20 PARTICIPANTS

ON REGISTRATION FORM LIST: GLASS ARTS (FEB.) AND DATE

Join the staff from Glass Arts and More as you learn how to safely handle, cut, grind, and shape glass! SIGN UP FOR JUST 1 CLASS OR ALL 4 EXCITING DAYS!

Session 1	Tuesday, February 17	Glass dish or bowl
Session 2	Wednesday, February 18	Glass wind mobile
Session 3	Thursday, February 19	Night light kit
Session 4	Friday, February 20	Animal sun catcher

FEBRUARY SCHOOL VACATION WEEK

BASKETBALL CLINIC

AGES 8 - 14
TUESDAY, FEB. 17 - THURSDAY, FEB. 19
9:30 AM - 12:30 PM
POLLARD MIDDLE SCHOOL, GYM
\$75 PER CHILD PER 3-DAY SESSION
LIMIT: 30 PARTICIPANTS; MINIMUM OF 15

ON REGISTRATION FORM LIST: BASKETBALL CLINIC

In this annual clinic sportsmanship, teamwork, and fun are emphasized while developing your skills on the court. Dribbling, passing, shooting, and defensive skills will all be emphasized with daily scrimmages to apply what you've learned!

EVENT-FULL

AGES 5 - 10
THURSDAY, FEBRUARY 19
SEE TIMES BELOW
ELIOT SCHOOL, CAFETERIA AND GYM
\$50 PER CHILD
LIMIT: 15 PARTICIPANTS; MINIMUM OF 10

ON REGISTRATION FORM LIST: EVENT-FULL: LEGO (FEB.) OR EVENT-FULL: AMERICAN GIRL DOLL (FEB.)
(BIRTH CERTIFICATE REQ. FOR ALL 5 YEAR OLDS)

LEGO: Master Builders (9:00 AM - 12:00 PM)

Participants will not use direction sheets, instead they will be using their own creative minds and imagination to design their very own LEGO structure and become a MASTER BUILDER! The LEGOs stay with us but the fun memories will last a lifetime. All participants will go home with a framed photo of themselves taken with the creation they designed.

American Girl Doll: Create & Play - Bake Shop (12:30 - 3:30 PM)

Bring your special friend (an American Girl Doll or favorite stuffed animal) and join us for 3 fun-filled hours of "Bake Shop" craft and play! The pretend play creative doll treats that you make and take home will lead to several hours of continued play and enjoyment!

THUNDERCAT SPORTS JAM

AGES 5 - 11
TUESDAY, FEB. 17 - THURSDAY, FEB. 19
SEE TIMES BELOW
HIGH ROCK SCHOOL, CAFETERIA AND GYM
SEE FEE BELOW
LIMIT: 30 PARTICIPANTS; MINIMUM OF 10

ON REGISTRATION FORM LIST: THUNDERCAT SPORTS JAM AND HALF OR FULL DAY
(BIRTH CERTIFICATE REQ. FOR ALL 5 YEAR OLDS)

The staff from Thundercat Sports will create a fun and non-competitive atmosphere through both common and unique games and activities including—but not limited to: basketball, soccer, floor hockey, dodge ball, ultimate football and safari, with a Tournament Day on Thursday!

Half Day (3-day Session)	9:00 AM - 12:00 PM	\$120 per child
Full Day (3-day Session)	9:00 AM - 3:00 PM	\$155 per child

PROGRAM REGISTRATION FORM

OR Register online instead at www.activityreg.com, just click MA, then Needham Park and Recreation!



**** SEE REGISTRATION POLICIES ON PAGE 18 OF BROCHURE ****

PLEASE PRINT CLEARLY, IN BLUE OR BLACK INK

YOUR NAME: _____ DATE: ____/____/____
LAST FIRST

ADDRESS: _____
NUMBER AND STREET TOWN STATE/ZIP

HOME PHONE: () WORK PHONE: () CELL PHONE: ()

E-MAIL ADDRESS: _____
(INCLUDING YOUR E-MAIL IS VERY HELPFUL IN CASE OF PROGRAM CANCELLATIONS OR CHANGES.)

EMERGENCY CONTACT: _____ PHONE: ()
FULL NAME AND RELATION

PROGRAM CHOICES

PARTICIPANT'S NAME (first and last name)	PROGRAM NAME	SESSION / WEEK	TIME / DAY	LEVEL (if applicable)	DATE OF BIRTH (required)	FEE
					/ /	
Allergies / Medical Concerns:					/ /	
					/ /	
Allergies / Medical Concerns:					/ /	
					/ /	
Allergies / Medical Concerns:					/ /	
					/ /	
Allergies / Medical Concerns:					/ /	
					/ /	
Allergies / Medical Concerns:					/ /	
Donation to trust fund for parks (optional)						\$
Please note: For <u>all</u> programs, participants <u>must</u> be appropriate age by the first day of the program / session.						TOTAL FEE \$

If your child is 5 years old or younger, is their birth certificate registered at the Park & Recreation Office?

_____ **Yes** _____ **No, but will be within 3 days** (Remember, registrations are not complete with a registered birth certificate!)

(THIS AREA FOR MAILED REGISTRATIONS ONLY!)

Payment must accompany completed, mailed-in registration form in order to be processed.

Method of Payment:

Check - Make payable to TOWN OF NEEDHAM - Park & Recreation

Cash or Money Order

Credit Card - (Please circle one) VISA MasterCard Discover

Credit Card Number:

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Expiration Date:

--	--	--	--

CVC Code: (on back of card)

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Cardholder's Signature: _____

MAIL TO:

Registration

Park & Recreation

500 Dedham Avenue

Needham, MA 02492

We do **NOT** accept
fax registrations.



APRIL SCHOOL VACATION WEEK



ARCHERY FOR BEGINNERS & INTERMEDIATES

AGES 10 AND UP CLAXTON FIELD QUARRY AREA
 MONDAY, APR. 20 - THURSDAY, APR. 23 \$98 PER CHILD
 9:30 - 10:30 AM LIMIT: 16 PARTICIPANTS PER SESSION; MINIMUM 10
 ON REGISTRATION FORM LIST: APRIL VACATION ARCHERY

Try out traditional recurve archery, as seen in the Olympics! Relax as you aim for your target and feel the thrill of success when your patience and concentration pay off. Learn the fundamentals and put your skills to the test against friends family and neighbors in a mini competitions and archery games! All equipment provided. Class led by two certified USA Archery and national field Archery Association (NFAA) instructors.

EVENT-FULL!



AGES 5 - 10 ELIOT SCHOOL, CAFETERIA AND GYM
 FRIDAY, APRIL 24 SEE FEE BELOW
 SEE TIMES BELOW SEE LIMIT BELOW
 ON REGISTRATION FORM LIST: EVENT-FULL: LEGO (APR.) OR EVENT-FULL: AMERICAN GIRL DOLL (APR.)
 (BIRTH CERTIFICATE REQ. FOR ALL 5 YEAR OLDS)

Please send your child with a nut-free snack and drink.



LEGO: Star Wars (9:00 AM - 12:00 PM)
 \$50 per child Limit: 15 participants; Minimum 10

This 3-hour program will be centered around everything Star Wars LEGO!! Join the team from Event-FULL!,LLC and use your imagination to build Star Wars creations. The LEGOs stay with us, but the experience is yours forever! Each child will go home with a picture of themselves with their LEGO creation in a frame. May the force be with you...

American Girl Doll: Create & Play - Frozen Princess (12:45 - 3:45 PM)
 \$55 Per Child Limit: 13 participants; minimum 10
 Join the team from Event-FULL!, LLC and bring your special friend (an American Girl Doll or your favorite stuffed animal) for 3 fun-filled hours of "Frozen Princess" crafts and play! Bring your creative mind and "Let it Go!"

GLASS ARTS AND MORE

AGES 9 AND UP GLASS ARTS AND MORE, 60 DEDHAM AVENUE, NEEDHAM
 SEE DATES BELOW \$35 PER CHILD PER DAY
 9:30 AM - 12:00 PM LIMIT: 20 PARTICIPANTS PER SESSION
 ON REGISTRATION FORM LIST: GLASS ARTS (APR.) AND SESSION(S) #

Join the staff from Glass Arts and More as you learn how to safely handle , cut, grind, and shape glass! Sign up for just 1 class or all 4 exciting days! SIGN UP FOR JUST 1 CLASS OR ALL 4 EXCITING DAYS!

Session 1	Tuesday, April 21	Glass Bottle Night Light
Session 2	Wednesday, April 22	Glass Plate or Bowl
Session 3	Thursday, April 23	Cactus Terrarium
Session 4	Friday, April 24	Glass Wind Mobile



FREE HIKING PROGRAMS

TYKE HIKE



AGES 4 - 8
 THURSDAY, APRIL 30
 4:00 - 5:30 PM
 ON REGISTRATION FORM LIST: TYKE HIKE
 (BIRTH CERTIFICATE REQUIRED FOR ALL 5 YEAR OLDS)

NEEDHAM RESERVOIR, 500 DEDHAM AVENUE, NEEDHAM
 FREE
 LIMIT: 15 PARTICIPANTS; MINIMUM 5

Join Park and Recreation's Brendan and Kristen on a nature excursion around the Town Reservoir. Participants will be lead in a hike around the Reservoir while searching for different things in nature. THERE IS NO FEE BUT PRE-REGISTRATION IS REQUIRED!

TAKE A HIKE

ALL AGES SEE LOCATION BELOW
 SEE DATES BELOW FREE
 10:00 - 11:30 AM CHILDREN UNDER 12 MUST BE ACCOMPANIED BY AN ADULT
 ON REGISTRATION FORM LIST: TAKE A HIKE AND SESSION #

Join fellow hikers on trail walks that are geared towards walkers of all abilities, and friendly dogs (must be on leash). All children under 12 must be accompanied by an adult. Please pre-register for this FREE program, so that the Trail Leads can be prepared. There is no fee but pre-registration is preferred.

When you register, please print out your receipt so that you will receive directions to the trail, where to park, what to bring what to wear and the inclement weather plan.

Session 1	Saturday, March 28	Proposed Rail Trail
Lead by Bay Colony Rail Trail Associates		
Session 2	Saturday, April 11	Proposed Aqueduct Trail
Lead by Park and Recreation Staff		
Session 3	Thursday, April 30	Rosemary Trail
Lead by Park and Recreation Commissioner Cindy Chaston		



PARENT TALK CAMP FAIR

Parent Talk will be sponsoring a Camp Fair on Tuesday, January 20 at 7:00 PM at the Newman Elementary School Cafeteria.
 For more information, contact Parent Talk at www.ParentTalk.info.
 The Park and Recreation staff looks forward to seeing you there!

NEEDHAM GOLF CLUB PUBLIC HOURS

The Needham Golf Club has public golf hours for **Needham residents.**



Please visit <http://www.needhamgolfclub.com/residents-guide.html> to view the Resident Guide or call the Club at 781-444-5548.

SUNDAYS AND MONDAYS 3:00 PM - Closing
 TUESDAYS 8:00 AM - Closing

ADULT & SENIOR PROGRAMS

ADULT GOLF LESSONS

AGES 17 AND UP
SEE DATES BELOW
SEE TIME BELOW

NEEDHAM GOLF CLUB, 49 GREEN STREET, NEEDHAM
\$110 PER 5-WEEK SESSION
LIMIT: 7 PARTICIPANTS PER SESSION; MINIMUM 4

ON REGISTRATION FORM LIST: ADULT GOLF LESSONS AND TIME AND LEVEL

Learn the game of golf or work on improving your fundamental skills! Needham Golf Club's PGA Professional instructor welcomes both beginners and advanced players.

Beginner	(5:30 - 6:30 PM)	
Session 1	Tuesdays	May 5 - June 2
Session 2	Wednesdays	May 6 - June 3
Advanced	(6:30 - 7:30 PM)	
Session 1	Tuesdays	May 5 - June 2
Session 2	Wednesdays	May 6 - June 3



SENIOR GOLF LEAGUE

AGES 50 AND UP
TUESDAYS: MAY 5 - JULY 21
SEE TIMES BELOW
ON REGISTRATION FORM LIST: SENIOR GOLF AND AVERAGE SCORE FOR 9 HOLES

NEEDHAM GOLF CLUB, 49 GREEN STREET, NEEDHAM
\$244 PER REGISTRATION & GREEN'S FEES FOR 8 ROUNDS
LIMIT: 64 PARTICIPANTS PER SESSION; UNLIMITED SUBSTITUTES

This league is for Men and Women, age 50 and older, and is held at the Needham Golf Club on Tuesday mornings. **Previous experience is necessary with a 9 hole score of 72 or less.** After eight weeks of play, additional rounds can be purchased for \$28 per round payable at the Park and Recreation office.

First group tees off at 9:00 AM
Last group tees off by 10:30 AM

Unable to commit to playing each week? Sign up as a substitute!

Substitute list taken at Park and Recreation office prior to the start of the season.

OUTDOOR ADULT TENNIS LESSONS

AGES 17 AND UP
THURSDAYS: MAY 7 - JUNE 4
SEE TIME BELOW

MILLS FIELD TENNIS COURTS, 96 GOULD STREET, NEEDHAM
\$75 PER 5-WEEK SESSION
LIMIT: 5 PARTICIPANTS PER SESSION; MINIMUM 3

ON REGISTRATION FORM LIST: OUTDOOR ADULT LESSONS AND TIME AND LEVEL

Read the level descriptions below and choose the class level that best suits your ability!

Beginner (9:00 - 10:00 AM)
For those without any prior tennis playing experience.

Advanced Beginner (10:00 - 11:00 AM)
For those able to execute all strokes, including serve with some consistency. Focus will be on improving serve, court coverage and match play.

Intermediate (11:00 AM - 12:00 PM)
For those with some experience who understand the basics, but want to improve their tennis games.

SENIOR BILLIARDS LEAGUE

AGES 50 AND UP
MONDAY - FRIDAY: WEEKS OF JAN. 12 - MAY 11
DESIGNATED TIMES, WITH FLEXIBILITY
ON REGISTRATION FORM LIST: SENIOR BILLIARDS



THE CENTER AT THE HEIGHTS
\$25 PER PERSON PER SEASON

LIMIT: 20 PARTICIPANTS

For men and women; beginner, intermediate and advanced players who have had some previous billiards experience. Players will be sent a schedule of players and times upon registration.

SENIOR EXERCISE

AGES 50 AND UP
SEE DATES BELOW
SEE TIME BELOW
\$25 - 1 DAY PER WEEK; \$50 - 2 DAYS PER WEEK; \$75 - 3 DAYS PER WEEK
LIMIT: 22 PARTICIPANTS; MINIMUM 10
ON REGISTRATION FORM LIST: SENIOR EXERCISE AND DAY(S) AND SEASON(S)

Three different classes...three different teachers...all with one goal: to help men and women, ages 50 and older, stay fit in an enjoyable, social and supportive setting! Detailed descriptions listed below. Register for one, two, or all three classes!

Mondays (9:00 - 10:00 AM) *Needham Public Library Community Room*
Judi will focus on improving your cardiovascular efficiency and muscle strength and endurance, all while having some fun and sharing smiles!

Winter Session January 5 - March 23
Spring Session March 30 - June 15



Wednesdays (9:15 - 10:15 AM) *The Center at the Heights*
Adele leads a low-impact aerobics class, which includes stretching and use of free weights. Emphasis on cardiovascular fitness and endurance, maintaining range of motion, and injury prevention!

Winter Session January 7 - March 4
Spring Session March 18 - May 13

Fridays (10:30 - 11:30 AM) *The Center at the Heights*
Arlene will share toning, stretching, strengthening, and abdominal exercises that will benefit you from head to toe. Bring your list of areas that need work for individual guidance!

Winter Session January 9 - March 6
Spring Session March 20 - May 22

SENIOR INDOOR WALKING CLUB

AGES 50 AND UP
TUE., WED., AND/OR THURS.: NOW - MAY 14
3:00 - 4:00 PM
NEEDHAM HIGH SCHOOL, 609 WEBSTER STREET, NEEDHAM
\$30 PER PERSON

ON REGISTRATION FORM LIST: SENIOR WALKING CLUB

Get your exercise during the colder months of the year with this friendly, supportive group where you walk at your own pace, meet new people and feed better through movement! On-site coordinator oversees warm-up exercises and flexible attendance allows you to go all three days, or whenever it fits your schedule!

SENIOR YOGA

AGES 50 AND UP
MONDAYS: SEE DATES BELOW
10:00 - 11:00 AM
ON REGISTRATION FORM LIST: SENIOR YOGA



NEEDHAM PUBLIC LIBRARY COMMUNITY ROOM
\$25 PER PERSON
LIMIT: 25 PARTICIPANTS; MINIMUM 10

Join a class of gentle stretching and relaxation during which traditional Hatha yoga postures will be used and tailored for the senior population! Increase flexibility, balance and strength with some quiet meditation and relaxation. Students will need to bring a yoga mat (or towel) and be prepared to be on the floor.

Winter Session January 5 - March 23
Spring Session March 30 - June 15



TOWN-WIDE CLEAN UP



Sponsored by:

Needham Park and Recreation and Needham DPW—Parks and Forestry

**Lets join together in 2015 and keep
all our parks and trails clean!**

- Use the park barrels each time you visit.
- Contact Park and Recreation with a date for your group to do a clean-up at a favorite location.
- Join your neighbors on Spring Clean Up Day!

Saturday, April 11, 2015

8:30 AM - 12:00 PM

Meet at the PSAB Parking Lot

500 Dedham Avenue to pick up bags and choose location

Together we can make a difference!

Are you curious about fishing

and want to learn more—

OR learn the secrets of successful fishing?!



Needham Park and Recreation is working with local fishing experts to put together some programs to help you become more proficient whether you are a child or an adult.

Some ideas we've been discussing include:

Parent/Child fishing Club, Middle School after school fishing club
Learn to Fish, Learn to Fly Fish, including making your own flies
and Deep Sea Fishing Excursion



DO YOU HAVE AN IDEA THAT'S NOT LISTED ABOVE?

Let us know what kind of program you'd like to see by sending a note to Recreation Supervisor, Brendan Croak at bcroak@needhamma.gov or by calling the Park and Recreation office at 781-455-7550 (*press 3 at the recording*).

FREE SPECIAL EVENTS



FISHING DERBY



Saturday, May 2, 2015

(Rain Date: Saturday, May 9)

9:00 AM - 12:00 PM

Needham Reservoir

Pre-registration recommended as only a limited number of fishing rods will be available to borrow! Bait will be available.

This FREE event is made possible by:

Needham Park and Recreation Commission
Mass. Wildlife—Newton Workshop Group
Mass. Division of Fisheries and Wildlife
and many wonderful volunteers!

HOW TO REGISTER

ONLINE: www.needhamma.gov/parkandrecreation

IN-PERSON: Park and Recreation Office
500 Dedham Avenue, Needham MA

BY MAIL: Fishing Derby, C/O Park and Recreation
500 Dedham Avenue, Needham MA 02492



TOUCH THE TRUCKS!



Celebrate National Public Works Week!

Saturday, May 16, 2015

Drop off anytime between 10:00 AM and 12:00 PM
at the DeFazio Park Parking Lot (*next to the Tot Lot*) on Dedham Avenue.

Little kids and "big kids" will enjoy a morning of fun behind the wheel of big rigs, front end loaders and pick-up trucks!



FREE admission to this Fun Family event is made possible by:

The Department of Public Works and Park and Recreation Commission

REGISTRATION POLICIES

Registration Limits

Registration Limits are set to comply with building code regulations as well as staff/participant ratios. See individual program descriptions for specific limits. The Commission reserves the right to cancel classes when registration numbers are low.

Age Requirements of Participants / Birth Certificates

All participants **MUST** be noted age by first day of session. All children, ages 5 and under, must have a birth certificate registered with the Park and Recreation Office. This is a one-time only requirement. Mail a copy or bring one by – it will be given right back to you. **Registrations for participants 5 and under are not complete without a registered birth certificate.** If you were living in Needham when the child was born, copies are available at the Needham Town Clerk's Office in Town Hall. Park and Recreation CANNOT access the Town Clerk's records directly.

Credits/Refunds

The Commission has a NO REFUND policy, unless the program is cancelled or there are special circumstances. In most cases, CREDITS are given and do not expire. All requests need to be submitted to Park and Recreation **in writing** to 500 Dedham Avenue, Needham, MA 02492 or to pcarey@needhamma.gov.

Changes to Registration

To make a change in your registration, call (781) 455-7550, press 3. Messages can be left when office is closed. If space is available, changes will be made. Additional payments may be required if fees are different, due within time required by office. Credits will be given to family account when fee is less than original payment.

Non-Residents

Non-Residents may register the **Wednesday before** a program begins, if space is available, unless otherwise noted in brochure.

Financial Assistance / Scholarship

Available to Needham residents, only. Call (781) 455-7550, press 3 for more information. **Register in person or by mail ONLY.**

Special Needs Programming

Call (781) 455-7550, press 3 for questions about integration. Contact *The Charles River Center* for specialized programming for all ages at (781) 972-1018.

Trust Fund for Parks

Make a donation on your registration form or write a separate check in honor of your favorite park. All gifts will be placed in the Trust Fund for Parks, and will be used for park improvements. Call (781) 455-7550, press 3 for more details.

NEEDHAM TENNIS COURT BADGES

for the 2015 Season will go on sale starting
MONDAY, MARCH 2, 2015



Badges are required for **all** public court use at Mills Field, Newman School and Needham High School Tennis Courts from March - October each year.

Badges are available to **Needham residents** ages 8 and up. *Needham businesses, employees or non-residents should call 781-455-7550, press 3 for more information about employee badges)*

Badges can be purchased by mail or at the Park and Recreation Office. Please visit www.needhamma.gov/parkandrecreation for details on how you can purchase your 2015 badges!

INDIVIDUAL RATE: \$30

FAMILY RATE: \$45

SENIOR RATE: \$15

GENERAL INFORMATION

NEEDHAM SPORTS ORGANIZATIONS

ALL Youth Sports Organizations in Needham are non-profit, volunteer-run organizations providing sports playing opportunities for Needham youth. For more detailed information on each program and program contact information, pick up a

2015 Needham Youth Sports Organization Brochure at the Park and Recreation Office.

OR

Visit our website at www.needhamma.gov/parkandrecreation and select "Sports Contacts" from the left hand side of the page.



PUBLICATIONS / INFORMATION

(also available, free of charge, on town website)

- B & W Town-wide Maps and Trail Information FREE
- Color Town-wide Maps and Trail Information \$2.00 each
- Needham Canoe Launch Site Maps FREE



HOW TO RESERVE A FIELD OR PLAYGROUND / TOT-LOT

Call or stop by the office. If the date chosen is available, a permit will be given, which must be signed. A fee is charged for some field uses. Individuals may use the tot-lots at all times, but large groups should reserve space to avoid conflicts with other groups. Bathrooms are available at DeFazio and Claxton. Greene's Field Playground can not be permitted.

Please Note: School playgrounds are not available during school hours.

SPORTS KIT RENTAL

Two Sports Kits are available for resident use from the Park & Recreation Office.

PLEASE CALL THE OFFICE, IN ADVANCE, TO RESERVE A KIT!

Kits can include: volleyball set, badminton, croquet, horseshoes, whiffle ball set, bocce, Kick-balls, and Frisbees. Items can be rented on an individual basis, with the entire kit costing no more than \$20.00.



LOST AND FOUND

Please call (781) 455 - 7550, press 3 if you've lost an article at a Park & Recreation park.

Found items should be dropped off at the Park & Recreation Office.



PARKS, PLAYGROUND AND ATHLETIC FIELDS

Needham is experiencing an overwhelming number of requests for field space for many youth and adult sports, with many parks seeing an increase in the number of people, cars and trash. In order to keep our children and parks safe, we ask that everyone visiting a Needham park or field follow these guidelines:

- **Pick up and dispose of trash properly.** Trash attracts bees and wild animals.
- **Trash is picked up by truck so barrels need to be located at entrances.** If barrels are full, please remove your trash from the site. Some school sites do not have barrels due to the number of students with allergies to bees.
- **Report any unsafe field conditions** immediately to a league supervisor or the Park and Recreation Department.
- **Park in designated areas.** If parking on the street is necessary, park in a manner that will allow emergency vehicles to access the fields and neighboring homes.
Parking in fire lanes, in crosswalks and in front of fire hydrants is illegal and unsafe!
- Be considerate of all park neighbors, leaving enough room for access to driveways and do not park on their lawns.



Have NO fear Summer is ALMOST here!

2015 Rosemary Pool Season Passes

Season passes for Rosemary Pool will go on sale
for Residents AND Non-Residents ON:

WEDNESDAY, APRIL 1, 2015

“Early Bird” rates for *Needham Residents*
will be available from
Wednesday, April 1 - Friday, May 22.

Regular season rates will go into effect after
Memorial Day on **Tuesday, May 26.**

Information on rates and the season dates will be available in March.



SUMMER VOLUNTEER PROGRAM

Youth ages 11 and up are welcome to volunteer at the Park and
Recreation Summer Programs and Swim Lessons at Rosemary Pool!

**Volunteer information booklets will be available beginning
WEDNESDAY, APRIL 1, 2015**

Volunteer registration information booklets can be picked up
at the Park and Recreation Office (500 Dedham Avenue)

OR

Download and print online by visiting
www.needhamma.gov/parkandrecreation
and selecting the “Volunteer” option in the left-hand menu.

*Over 200 youth participate in the volunteer program in 2014, providing almost 5,000 hours of service!! Give
back to your community, learn something new, meet new friends, gain experience working with children,
discover something about yourself...*

VOLUNTEER!!